

HOGWEED EXPRESS

"wisely and slow; they stumble that run fast." (William Shakespeare)

Hogwee die Express - Summer 2008 Edition

MESSAGE FROM THE CHAIR

What a magnificent three months of achievement at our Running Club since the last edition of this esteemed 'Organ'. We have competed, with distinction - from 5K to the 'Iron Man' and **everything** in between. The beginners group have now become regular runners, attempting an Autumn half marathon of 13.1 miles and our club coaches have done us proud.

Our clubs future is, as ever, with our newcomers who we must continue to attract, encourage and help enjoy the running experience. I also believe the formation of a regular walking/power walking group to be to our long term benefit and the clubs continued success, and encourage somebody to agree to coordinate this.

Our safety is of course paramount when we are running, either in a group or individually. There is increased traffic throughout the summer months and extra care should be exercised at all times. The track alongside the Wickwar Road is now in full use, but we believe that crossing the road to go '**Down**' Peg Hill can be dangerous. When crossing this junction especially as a group - again- the utmost care should be taken.

Our partners, CSCC are continuing to improve the facilities on the Ridings. A smaller pavilion to serve the second cricket ground is nearing completion and will be available to us soon. It consists of ladies & mens changing rooms, shower facilities and kitchen. Plans to extend the present pavilion are also ongoing.

Finally, If you are unwell, weary, injured, unmotivated, or generally not up to coming along to join your fellow runners, don't worry. We will always be there, and It won't take long to regain that fitness.

In thanking every member for their contribution at our 'rather good' running club - I wish you all the wind from behind.

Chairman Bob

COMMITTEE

<i>President:-</i>	Colin Axford
<i>Chairman:-</i>	Bob Bell
<i>Vice Chair:-</i>	Anthony Febry
<i>Secretary:-</i>	John Conway
<i>Treasurer:-</i>	Rebecca Febry
<i>Membership Secretary:-</i>	Ann Wells
<i>Club Coach & Club welfare Officer:-</i>	Mandy Spedding
<i>Committee:-</i>	Linda Morgan
<i>Committee:-</i>	Stephen Chandler
<i>XCountry Coordinator:-</i>	Vacant
<i>Webmaster:-</i>	Stephen Chandler
<i>Press Officer:-</i>	David Wells
<i>Committee:-</i>	mark Wolf

• MEMBERSHIP RENEWAL

Please remember to collect your 2008-2009 membership card from the membership card box at the clubhouse as this saves us a lot of money in postage. A big thank you for all of our members who pay by Standing Order. If you would like a form for next year to avoid forgetting your payment, please collect one from me or in the file at the club.

If you forgot to renew your membership on 1st July 2008, please send your £15 cheque made out to Hogweed Trotters to,

Ann Wells Membership Secretary
34 Hartley Close
Chipping Sodbury
Bristol
BS37 6NW

Ann Wells

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RACE REPORTS

- **RUNNING THAT FIRST MARATHON (Shakespeare Marathon Sunday 27th April 2008)**

Having trained and run a few half-marathons, I along with a few other club runners entered the Shakespeare Marathon, which took place on Sunday 27th April 2008.

As 'novices', 'beginners', 'mugs' or whatever word you would like to describe us, we were trained by Steve Weeks. This training took place over a four month period, with runs on Tuesdays, Wednesdays, Fridays and Sundays (and some cross training – walking, swimming, and cycling on a Saturday). There was no hiding place from Steve.

I for one found the programme he provided extremely valuable. It gave us with a weekly target. In January and February, 'normal' figure of eight runs were extended. The pleasure and pain started to pay off in March with some 30+ miles of running each week. We experimented with all sorts of drinks and eats. I seemed to prefer jelly babies and ginger nuts!

I did enjoy the training. There was always someone from the group to run with, and we were constantly being encouraged by many members at the club. Running around the Badminton area was a real pleasure, despite some snow on one Sunday morning.

For the Marathon itself, it was a hot day in late April which greeted all the runners. The course was pretty flat with one small hill which you did twice. I recall staying with Steve and Donna until about half-way and then suffering from 18 miles onward. The course was well marshalled and there were plenty of drinks/sponge stations. Sue M, Sue H and Lynette B popped up literally everywhere to cheer us on. They were fantastic.

The finish along by the Avon with Hogweed runners and supporters cheering us along will live long in the memory. Special mention to Steve Weeks. There is no doubt that without his support and encouragement, there is no way I would have got to the start line. Thanks to Ian Cross, Donna Conlon, and Sarah Robinson for their support as first time marathon runners. (Incredible times in the race from Donna and Sarah too) Congratulations to Serena Griffiths in her first marathon.

As to the next one- who knows!

Ray Mardle (July 2008)

Hogweed Runners

David Wintle: 3 Hours 22mins 50s
Sarah Robinson: 3 Hours 46mins 25s
Donna Conlon: 4 Hours 33mins 04s
Steve Weeks: 4 Hours 33mins 04s
Serena Griffiths: 4 Hours 50mins 06s
Ray Mardle: 5 Hours 00mins 48s
Ian Cross: 5 Hours 17mins 56s
Jayne Jeffrey: 5 Hours 40mins 53s

And don't forget Flora London Marathon 2009. If you've been unlucky in the ballot please keep proof of rejection for entry into our club draw for 4 guaranteed places. Draw takes place at the Christmas Run in late December.

- **Cotswold Relay - A Crooks account of Leg 5 (28.6.08)**

The people I work with (except Becky Febry) think that all runners are a little mad and even nuttier to enjoy running 12 1/2 miles over difficult terrain with no Marshals to direct you. They don't know what they are missing!!!



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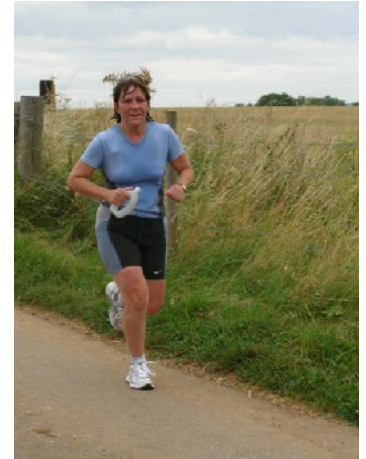
The Cotswold relay is one of my favourite annual events. Like many I enjoy the scenic, challenging routes, which although hilly are in the grasp of most of us mortals. The risk of getting lost adds another dimension.

Over the years I have run many legs and plan to run a different leg each year until I can claim to have run the whole Cotswold way (all be it one leg at a time).

Here is my account of this years leg, Leg 5 which was 12 ½ miles from Cranham corner to Stroud;

Waking to pleasant running weather I was somewhat relieved that it wasn't the downpour of last year and equally that it wasn't too hot. Starting just before lunch at the prince William Pub on Cranham Corner left me wondering why I hadn't come for a nice pub lunch rather than a long run! Still it wasn't long before I was lining up with the other runners and my fellow Hogweeds from our other teams. There seemed to be a bigger field than previous years and they all looked a lot fitter than me. My main fear was to get in before the cut of time and do justice to the Hogweed ladies team.

The first ten minutes felt hard, a slow but gentle uphill, with more people overtaking me than I wished. My fellow Hogweeds had set off at a rate of knots and were probably already in Stroud! Fearing I was at the back, I was relieved on glancing back to discover that there were plenty other mere mortals behind me (phew). I vowed not to let any one else overtake me and to at least catch up the young girl who was in front.



The run it self was great took us through Painswick; much to the surprise of their Saturday tourists and shoppers. Then a long descent before the main climb. Just as we started the climb I caught up with the girl in front and was relieved when she walked up the hill. At least that meant she wouldn't catch me when I had to walk too! At this point I would like to thank my husband, who caringly sat in the Pub garden drinking a pint at the top of the hill, cheering me on. Was this an unscheduled drink station? Obviously not since he had not bought me a drink! Nothing for it then but to keep running to Stroud where my sports drink and food awaited me.

The next few miles or so took in glorious views from Haresfield beacon. Then suddenly I was studying a different view of gravel and mud at close range. I had been too busy enjoying the view and taken my eye off the path only to land spread eagled on the ground! Feeling foolish and thankfully not too injured (just a few large grazes) I carried on into the woods.

Thankfully I had already recced the route with other fellow Hogweeds previously which proved to be an advantage. I remember one very frustrated runner from GWR running towards me. Was I going the wrong way? No, he had been lost in the woods for ½ an hour and was most upset as he had been third until then. He had no map and had not recced the route (there is a moral there somewhere). Any way he was pleased to see me and followed me through the wood then sped off into the distance. I came across two other runners also unsure in the woods; our training over the routes had not only been enjoyable excursions but had paid off.

Once through the final wood we were greeted with a view of the Stroud valley and the knowledge that it was all down hill from here!

Running down hill towards Stroud I was greeted by a group of Scouts backpacking. They cheered me and told me I was in the lead. If only that were true, still it's good to dream and it did give me a boost.

The last bit along the canal, although flat seemed to go on for ever and I could hear the feet of another runner trying to sprint. My poor legs would not respond despite my best efforts and the young girl over took me 50 meters from the finish. Still she did look half my age (well that is my excuse). Moreover I was pleased to learn that I had finished comfortably within the cut off time and had enjoyed the run.

I later learnt that all the teams had done well and our ladies team had come sixth against some very stiff opposition. It was a great day and good to feel part of a team. I'm now looking forward to completing a different leg next year.

Helen Crook

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- **IRONMEN AND WOMEN (13th July)**

Very well done to the club's Ironmen and Women:

Well done to **Steve Eastaugh-Waring** at IM Switzerland where it rained most the morning and was a cold start

Swim 1.03.44
Bike 6.51.46
Run 4.09.27

Tot 12.19.55



And well done to the Speddings at Forestman Ironman in the New Forest where the swim was a bit long and the bike was a bit hilly and the run was not only hilly but off road:

Simon (2nd V45 and 8th overall)

Swim 1.18.3-
Bike 6.09.17
run 4.14.53

Tot 11.50.21



Mandy (1st LV4)

Swim 2.03.2-
Bike 7.20.39
Run 4.38.08

Tot 13.43.07

And now a few words from the Speddings:

Fellow runners, friends,

I would like to thank you all for your support, positive words and encouragement in the days/weeks/months leading up to my first Ironman. (Forestman, New Forest, 13th July).

All this positive energy sank deep within my psyche, and was there when I needed it most. So many beautiful people, I can't tell you how much it meant to me.

Throughout my training I gained a very clear understanding of the power of the mind, and how far it can take you when you just want to call it a day. I had many positive affirmations which I would read regularly, and they really do work. Let me share my favourite: THE ONLY THING THAT CAN GET IN THE WAY OF YOUR DREAMS IS YOU.

And now, some poetry.....(not mine!)

If you think you are beaten, you are
If you think you dare not, you don't
If you'd like to win, but you think you can't
Its almost certain you won't.

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If you think you'll lose, you've lost
For out in the world you'll find
Success begins with a fellows will
Its all in the state of mind.
Life's battles don't always go
To the faster or stronger man
But sooner or later the man who wins
Is the man who thinks he can.
(Unknown)

Mandy Spedding.

And some poetry from Mr Speds

There was young (ish) Hogweed from Yate
Who had an Ironman tri put on his plate
Swim and bike went quite well
but the run shot him to hell
And a week later he said it was great.

And good luck to the club's aspirant Ironman Ben Bonnicks in IM UK in Sherbourne in Sept

- **Mobbed Again! (11th July)**

Attention this is your captain speaking... With summer time upon us it meant that the Annual Mob Match was fast approaching. An inaugural 10k event held in the evening with the start located in Greville Smythe park opposite the city ground. The route takes runners along the towpath underneath the Clifton suspension Bridge. This year I decided to take the helm and role of team captain and bring a team together to see if we could move up a position from last year and try and get on the podium so to speak.

With 4th last year I was optimistic and was ever hopeful that this could be our year. We have as ever have had an increase in size and ability this year so our chances looked good. My first thoughts were to approach our seasoned triathletes, what 10k is to them is a walk in a park for a dog. Unfortunately they already had a date in their diaries for something called an Ironman Triathlon? Still, with these hardy folk on other commitments I still had plenty of names available. The Main aim of putting together a team was to get as many names as possible so we didn't gain extra points by default. New comers to the event were hesitant as some presumed you had to be a super 10k runner to compete. Not at all, producing a good sized team was the aim and I managed to put together a very successful team. The Run took place on a Friday evening in Bristol so was very grateful for people attending. Everyone made it with time to spare and was just as eager to get it done and dusted as me. Weather conditions were ok but one member of the team had reported to me that the course was muddy and had plenty of puddles to dodge.

The course was an out and back so we knew we could get wet feet and dirty legs. Some more than others, with a photograph as evidence obtained 7:30pm came and we all lined up at the start. With the race started, the favourite to win Vito Grefagnino seemed to be pacing himself but soon disappeared once out of the park. With the route being out and back the team members could cheer each other on as they pass each other on the return leg. The team was mostly altogether and faces looked focused as they pushed on through the race. I knew Mr Willoughby wouldn't be too far behind me as I edged further towards the park and finishing line. Being team captain it was fairly important I was first back and made it home in 38:56 with Ulf Bladh changing places with Peter Willoughby making himself 2nd hogweed back with peter 3rd Hogweed. Respect and congratulations has got to go to our ever graceful but determined Amanda Richardson who was FIRST LADY back overall brushing aside all other women that couldn't keep pace with the Flying Hogweed. At the race HQ drinks were thoroughly deserved and went down nicely after a spot of exercise and hard work.



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Clevedon had a very good show of runners and fast finishers making them winners for the first year with Westbury this year in second and Bitton in third. We did exceptionally well and I would like to say a big thank you to all that ran I hope you achieved what you wanted to and hope to see you back next year in what I hope will be better conditions.

Well Done & happy training have a good season.

Your Captain
Stuart (Lord) Wilkie of Palma
(wearing the yellow plimsolls – ed)

• WINDERMERE MARATHON (18th May 2008)

I originally joined Hogweeds with the intention of keeping fit & racing in a few Multi terrain and half marathon races. As goes for so many others the disease caught hold & a marathon was on the cards. Berlin 2007 was booked but due to injuries & subsequent loss of training it ended up being a no go for the pair of us. After a trip to the lake district coincided with the reinstatement of the marathon which had been absent for a few years our minds were made up, the Windermere Marathon would be our new goal. The turn of the year was not good preparation. I was struggling with a childhood ankle injury that had resurfaced & Ali despite managing some respectable runs including the Grizzly and her maiden ladies win at the Inca trail (Somerset not Peru) was still suffering the after effects of Glandular fever diagnosed late 2007. After much sympathy tea and cake and a few physical beatings by Cherie from the west view clinic we only had a few weeks of clear training ahead during which we squeezed in a couple of 2hr plus runs & the 'Offa's 'orror race. I must give thanks at this point to all those Hogweeds who offered me words of support when I was at events in my spectator capacity.



So to the marathon....

We arrived in Windermere on the Friday & purchased our mascot "Bunker" the fluffy sheep.

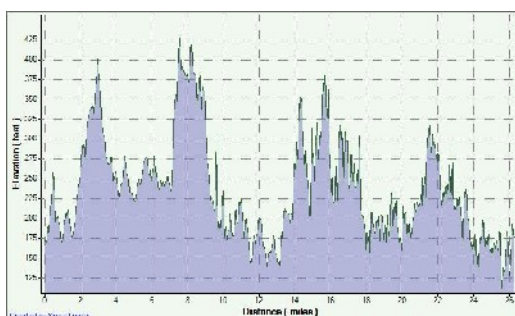
Saturday was an itchy feet day; it is very difficult to spend a day in the lakes without being tempted to go for a considerable walk. Instead, it was to be boat hire day on Coniston water. I'm disappointed to say that 4MPH was insufficient to threaten the water speed record. On the plus side, Bunker stayed in the car and did not succumb to the same fate as Mr Whoppit!! (Some of you may need to google this) A relaxing evening with a huge spag bol was to follow.

Race day dawned, perfect weather dry & warm (very un-lake district) We arrived at the venue, Brathay Hall, one mile west of Ambleside. The race itself raises funds for the hall which provides activity days/weeks for underprivileged children & young adults.

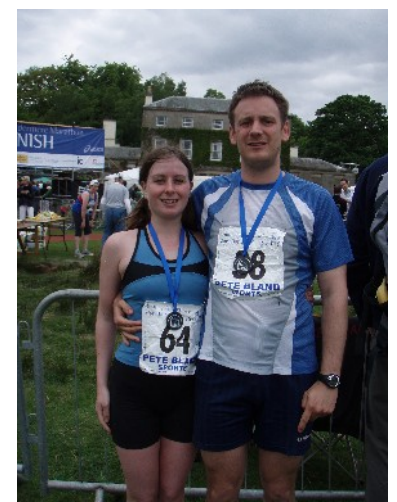
The usual pre-race chat with other competitors left us with the conclusion that such a hilly course was a bit ambitious for a first marathon with 2700ft of ascent.

1 hour before the main race the 10 in 10 started. This involved a dozen or so runners who were completing the course for the tenth time in ten consecutive days. Steve Edwards is now officially recognised as a record holder in this after recording a total time of 35:20:45!!!!

The main race started with all competitors following a marching band to the start line & the off was signalled by a shotgun. Undulating was on my mind for the next 4 & a half hours. The first 4 miles to Hawkshead followed a B road that had - to the organiser's credit - been closed to traffic allowing runners to spread out. After the wonderful support in Hawkshead it was country lanes to the southern tip of the lake at Newby Bridge. This included a hill at 7 miles which can only be compared to the top half of Horton Hill. After Newby Bridge & the turn onto the main road on the eastern shore of Lake Windermere we hit the first flat part of the course after 13 miles. Despite my pre race concerns regarding traffic on this road a 20mph



speed limit had been enforced with the useful additions of support vehicles. An overenthusiastic supporter was proud to show off their land rover stereo system by driving up & down the road on numerous occasions blasting out Chariots of Fire!! This took my mind of the fact that the hills had now caught up on me & despite the glorious 20mile point by the lake in Bowness-On-Windermere my legs were shot. Support again



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was great & some tourists who were unaware of the event looked bemused. Ali was also struggling with heavy legs but managed to keep pace while I dropped back at this point with "It's only 10k left," repeating in my head. Another long climb, more Kendal mint cake & then a view of the finish. Unfortunately this is across the lake & we still have 5 miles to go. Through waterhead & a bit of duck/swan avoidance at the jetty & then over what would on any other day be a straightforward footbridge, but even this at only 50 foot long was a trial. 26-mile marker is a pleasure to see, turn into Brathay Hall for one final surprise, all but the last 50 yards is like running up Park street! I think there were a few moans at this the previous year but it just adds to the occasion. Especially with a photographer screaming at people to get up the hill.

Job done. Ali finished in 4:30:53 & myself in 4:36:24.

Back to Windermere and Lucy4's for some much deserved grub, during the evening we witnessed a few victims of the race all hobbling around like extras from Shaun of the dead.

The usual thoughts of never again have lasted for more than a few weeks. After another trip to the lakes & a run up & over Loughrigg fell (I highly recommend this if any of you go to Ambleside) which included running alongside Rydal water and an excursion to the footbridge from hell we are now getting back to it. Think we may pick a flatter or a "softer on the legs" multi terrain one next time though!

Lee Masters & Ali Ramsey

OTHER REPORTS

- **Hogweeds camp it up in Big Brother style (to be read in a northern accent) (Gower W/E 5/6th July)**

NB: times are approximate only!

14 foolhardy Hogweeds decide to brave it out on a camping weekend on the Gower Peninsula with the aim to experience running in the spectacular scenery of this beautiful part of Wales. Unfortunately, although the idea was good, the weather was awful!



Day 1

8.00: First Hogweeds arrive, John, Pat and Lee attempt to put up tents in gale force winds.

9.00 pm: Go in search of food but being Wales everything shuts at 9.00. Campsite surprisingly empty apart from some stoical youngsters on their Duke of Edinburgh Challenge.

Meet up with Lorraine who looks very snug in her caravan

9.30 pm: Retire back to tent to cook beef burgers and baked beans. Raining hard now.

3.00 am: Campers mostly awake due to the wind and rain.

Day 2

8.30: Lee has gone surfing, Pat and John await rest of Hogweed arrivals. First to enter the Hogweed camp are Nigel, Sonya and Jan who have

bought a new tent for the occasion.

Next entrants are Geoff, Andy and Amanda. Andy expertly puts up his tent which he will share with Geoff, while Amanda opts to sleep in Johns and Pat's tent.

Last to arrive are Jo and her family.

12.30 pm: Lee returns after a good morning surfing.

2.00: First task is announced.

All Hogweeds to wear running gear and to proceed in an easterly direction following the cliff path to Oxwich. Clouds look ominously grey

3.00: All running well until group meet hundreds of steep steps just before Oxwich and then a steep hill just after Oxwich. All succeed in task.

3.30 pm: Lee, Geoff and Nigel run on ahead but miss a turning to drop down to the beach. Lee and Nigel turn up later on beach then Geoff is spotted on headland running back to look for the rest of group. Hogweeds campers behave in an undignified way yelling and waving to him.

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3.45pm: Geoff is still missing so John and Pat go back to look for him. Raining very heavily now. Return to site to find Geoff has arrived safe and sound.

4.15 pm: Hot showers and hair dryers. Someone forgets their underpants and spends the rest of the day commando.

5.00 pm: Drive to Rhossili in search of a dry, warm tea rooms. Being Wales everywhere was shut so forced to go to the nearest pub instead.

6.30 pm: Not raining so go for shortish walk around the Port Eynon headland, ending at the chip shop. Nigel enjoys curry sauce with his fish.

8.00 pm: Hogweeds in The Ship drinking again

9.00 pm: Raining again so Hogweeds are in John and Pat's tent to continue the beer and wine tasting. Amanda and Pat enjoy some very good red wine Lee has brought from Tesco's.

12.00pm: All Hogweeds in bed trying to get some sleep but the wind and rain make it very difficult.

Day 3

8.00 am: Despite previous concerns, Geoff did not talk in his sleep. Hogweeds and tents have survived the night and are eating breakfast but toast is taking ages to brown. Swap gas cylinders which make no difference whatsoever.

8.30 pm: Sort out cars and runners and walkers. Sonya, Jan and Andy decide to walk a shorter route whilst the others with trepidation take on the full 17 miles. Everyone is already feeling tired.

9.00 am: Park at the farm in Pitton. Walkers head south to Mewslade Bay. Runners head north up a track and then on and on and on up a hill.

9.20am: It's been 20 minutes and the runners are still struggling up the hill but worth it at the top with beautiful views over Rhossili Bay and towards Worms Head.

9.30 am: Hogweeds continue along ridge pass fortifications and drop down into Hill End Campsite for loo break, then head on NE. up the hill side through some thick bracken which turns into a good track

10.00am: Hogweeds pick up speed and its out onto the mudflats along causeway.

10.15 Geoff badly bruises his leg on gate latch and is suffering but still manages to be at the front

10.45 am: Runners head through woods over sand dunes and onto the beach for 2 miles across the hard sand then up the slope to a caravan site where Mars Bars and water are purchased. With renewed energy, Hogweeds turn for home.

11.15 am: Sun comes out.

12.00 pm: Drop down onto the northern end of Rhossili Beach with 2 ½ miles of flat beach ahead. The end looks a long way away. Hundreds of big and small slippery jelly fish washed up by the storms.

12.15 pm: Hogweeds admire the Kite Surfing which looks a lot less like hard work and more fun. Many runners are beginning to tire. .

12.30 pm: After what seems like ages, Hogweeds reach the end of the beach and look up at the hill at the start of the run. It's a big one! Meet up with the walkers who have had a very pleasant walk around on the coastal path.

12.40 pm: Most walk but a few run in places up the steps from the beach to the houses at the top to start the final leg of the run continuing on the coastal path back to Mewslade Bay

12.45 pm: Jo hopefully scans the car park for her family+ car to give her a lift back but they're not here so she has to carry on.

1.00 pm: At 15 + miles it's getting hard now. All are starting to feel the pain (even Lee!) but more beautiful views as the path continues around the coast

1.45pm: Relieved Hogweeds arrive back at the cars at the same time as the walkers. .
It's so good to stop running!

2.00 pm: Back to the campsite for showers.

Fortunately the weather has been good this morning and the tents are drying off.
Some of the tents are packed.

2.15pm: Jo's family are brave and go for a swim. The other Hogweeds decline.

2.30 pm: BBQ is started, Burgers and sausages cooked. Andy and Geoff go on a chip run.

3.30 pm: Late afternoon and all are getting ready to leave.

5:30pm: Last Hogweed has left the site



A hard weekend but enjoyed by all, although the weather could have been better.
Where shall we go next year?

Pat Curtis

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MISCELLANEOUS

CLUB EQUIPMENT

Our club has several items of equipment available, free to members. To non members a small charge is levied :-



- Many items of race equipment, signs, water containers, marshal bibs etc
- Two 'Aqua jogger' water exercise buoyancy belts
- Six section Bicycle Rack
- Two large Party Tents- ideal for fetes, BBQ's etc
- PA System
- Power Megaphone

Ask club president Colin Axford for further details

BEIJING OLYMPICS

Good luck to all our west country based athletes at the Olympic games in Beijing. Dan Robinson from Stroud AC represents England in the marathon, where our own member Brian Tesdale's son will be officiating replete with a Hogweed Trotters baseball cap

MEMBERS PROFILE

Name:	Ian Cross	Serena Griffiths
		
Age	60	43
Live:	Horton (Potato Lane in Hogspeak)	Stoke Gifford
Family:	Junior partner to Kay , five children between us , four now with partners, and two lovely grandchildren Nell and Lily	Married to Lyn 2 girls 7 and 9 an enjoyable handful
Work:	Gave up work five years ago I had worked very hard, honest, for 30 years as a finance director	IT Anex in Yate
Running history:	Ran with Serpentine Running Club whilst in London to keep fit but work took over. Been running very casually for some years around Horton but was persuaded to join Hogweeds In September 2006 by Dave Morgan and Will Gray. After one club visit I was hooked. I started off running four miles and graduated to a marathon this year.	Started in 2004 'cos Claire Seward said at a party how did I fancy doing the Bristol ½ and Lyn laughed and said I'd never manage it. Then first 10km was The Hogweed Trot where I was so happy at the end I cried.
Why Hogweeds:	The regular running times mean I don't have to think about when to run and the ongoing	'cos their a lovely generous bunch of people with great enthusiasm and the countryside is

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	encouragement from other runners is great.	so nice for running. Plus I love going on the forum.
Favourite things:	Walking , sailing my dinghy until I had to be rescued, the family, music allsorts,	Eating kebabs (not just any old kebabs have to be chicken) with a bottle of red
Ambition:	A sub 2 hour half marathon or a 4.30 hour marathon would be nice	Sub 2 hour ½ marathon
Biggest disappointment:	After a recent bout between me with my cycle and a concrete block, (I lost), the knowledge that I have lost all my fitness and need to start again to get back to where I was. I am lucky that the accident was two weeks after the marathon.	Ran the Bristol ½ and was trying to get under 2 hours and Will Gray ran all the way with me encouraging me and cajoling me but I still didn't get under 2 hours. But thanks everso much to Will.
Best running moment:	I have many from getting up Horton Hill non-stop (thanks to Mike Brokenshaw's caterpillar method); The Great Langdale Half Marathon in the Lake district where the rain was horizontal and nobody wore funny costumes.	Completing my first marathon running into Cardiff stadium at the end (or was hearing about Pat and his shorts ?@?!**)

DATES FOR YOUR DIARY

<p><i>Our club's annual 5K competition</i> Date: Wednesday 6th August at 7.30pm See: Bob for details</p>	Our club's annual 5K competition at Bitton Road Runners series of four races-their final 5K event of 2008. HQ, Old Abbotonians AFC Oldland Common. Race starts from Bitton Railway Station. Club pays all fees. PB's here, or risk a fine!
<p><i>The Annual 'Kilcote Experience'</i> Date: Sunday 7 September See: Mark Wolf mark.wolf@amchor-flexibles.com</p>	Members, families, friends, relations & neighbours. A pleasant morning and lunchtime outing. Pub lunch or BBQ, raffle, music, and more at the Beaufort Arms, Hawkesbury Upton. big club support please Walk 5+ miles, Run 5, 7, 9+ miles. Perfect prep for the following weeks half marathons. In aid of PROPS (providing opportunities & support to disadvantaged children & young adults). Donations, plus £1 per head entry fee most welcome. The usual 'Kilcote Hill' performance fines will apply. You are being watched. I'm up tree! I'm up a tree!
<p><i>Chippenham & Bristol half marathons</i> Date: Sunday 14 September Contact: Bob Bell</p>	Car share to Chippenhams 25th anniversary race. Book early it's a likely sell out. Bristol's (Big City) Half Marathon. The organisers at Bristol need helpers and marshals (see Bob). Interesting day out for you.
<p><i>North Somerset Road Relays (5K)</i> Date: Sunday 28 September</p>	From the Hand stadium Clevedon. Teams of four each pass the 'baton' and race 5K. Someone to coordinate things please. Great event. Details soon. Club pays entry fees.
<p><i>Portishead Running Club 10K XC and our club championship event</i> Date: Sunday 28 September Contact: portisheadrunningclub@hotmail.co.uk</p>	We need to support this young club (formed in 2006) at their first open race. Club pays entry fees.
<p><i>Gloucester XC League</i> Date: October</p>	Fixtures begin this month. Details as always in our events folder. The series of four Races take place on Saturdays Oct, Nov, Dec and Feb. A coordinator to take over from Jason Bidwell please
<p><i>The Hogweed Muggles</i> Date: Saturday 18th Oct Contact Jo Butters/Philippa Crocker Venue: Hawkesbury Upton Village Hall</p>	<p>The clubs first open MT race. Challenging, Hilly, but very Scenic Multi Terrain Races, mainly on Stony Paths. 3 events to choose from and a kid's fun run.</p> <ul style="list-style-type: none"> • MINI MUGGLE ~ 5.5 miles (~500ft of climbing) • MIMSY MUGGLE ~ 10.5 miles (~1000ft of climbing) • MAJOR MUGGLE ~ 15.5 miles (~1300ft of climbing) • Children's Fun run <p>Please put your name down on the list at the club if you can help out. Entry forms on the website (and maps). Please print out some entry forms and take to events.</p>
<p><i>Stroud Half Marathon</i> Date: Sunday 26 October</p>	Deceptively fast, potential PB course.
<p><i>Winter Bull Run</i> Date: Sunday 26 October Contact: Linda Morgan (davidlm@supanet.com)</p>	Also Horton's Winter Bull Run -completely opposite. DOH! But, loads and loads of beer at the finish.

HOGWEED EXPRESS

"wisely and slow; they stumble that run fast." (William Shakespeare)

Location: Horton	
<p style="text-align: center;"><i>Clubs 9th AGM</i></p> <p>Date: Wednesday 26 November. Venue: club house Time: After training 7.45pm - 8.15pm</p>	usually < 30 minutes duration. Thirty members constitute a Quorum. Please make every effort to attend.
<p style="text-align: center;"><i>Annual Christmas Bash!</i></p> <p>Date: Friday 5 December Venue: Beaufort Arms Hawkesbury Upton Time: 7pm for 7.30pm Contact: Mark Wolf mwolf@blueyonder.co.uk</p>	first come, first served, 60 places only
<p style="text-align: center;"><i>Mallorca Full and ½ Marathons</i></p> <p>Date: Sunday 14th December Contact: Martin Wood martin@woodentop38.freeserve.co.uk</p>	All singing all dancing all swimming all night clubbing all sight seeing and 'more'. Running both 13.1 & 26.2 is a hindrance, gets in the way a tad!
<p style="text-align: center;"><i>The Hogweed Hiccup</i></p> <p>Date: Saturday 20 December. Venue: Bell Hotel, Old Sodbury Time: meet Noon Contact: Bob Bell rabbell1@aol.com</p>	Eight 'obstacles' to negotiate. Meet Noon at the Bell Hotel, Old Sodbury. Dress Code is..... rabbell1@aol.com Anyone still vertical, see below!
<p style="text-align: center;"><i>The Chairmans Christmas Run</i></p> <p>Date: Sunday 21 December Contact: Thelma Garner, President Colin Axford & William Gray w.gray@mmdltd.co.uk</p>	The Chairman's Christmas Run. FLM draw, annual photo competition result, prize for best fancy dress, free raffle and much more. Thelma Garner, President Colin Axford & William Gray again cook up the finest refreshments. Another great club institution. One for <i>all</i> the family.

HOGWEED EXPRESS

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Hayley Jackson VTCT, BTEC DIP
Massage specialist

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